

YouthSource CPR

By Ron R. Roman



firm surface. Kneel next to the chest, then get as close to the patient as possible, then bring your body up and over so your shoulders are close to the patient.

I also learned how to use the Automated External Defibrillator, or AED. When using the AED, you have to place one pad a few inches under the nipple closest to you and right on the ribs, and place the other pad on the side of the person's chest. After that you have make sure no one is touching the person (including yourself). Then press the button to release the shock and resume chest compressions. Continue to do CPR unless the AED directs you to stop.

I was introduced to Youth Source on July 6, 2010. Along with our studies and work, we went to different places such as an aquarium, a sewage treatment plant and the Ballard Locks, but the course work that stood out the most to me was the King County CPR training class or "cardiopulmonary resuscitation." There I learned how to treat a person when they are having a stroke, choking, or having a heart attack.

Before I started learning about CPR, I already knew how to get something out of someone's throat if they are choking. I knew that you should call 911 if the person in need is very bad off.

I also learned that you should put the patient's head up so they could breathe. The reason you do that is because moving someone suspected of suffering a spinal injury should only occur to establish an open air passage to the lungs so that they can breathe.

Also, before you start the CPR process you should check and see if the scene is safe to enter. This is a safe thing for yourself, because you don't know if their blood is infected or not. If you have a cut or something the blood may get into that. HIV and AIDS are transferred through blood, especially if the one being treated has a wound or skin opening. So it is critical for you to be careful.

I learned how to do first aid and CPR throughout the day. I learned that you have to position the person's back on a flat and

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